



### What's in it for you?

- Telephone coaching when and where you want it
- Experienced, knowledgeable health coaches
- An action plan tailored to your goals
- Help staying on track with your plan



To learn more about TLC, call  
**1-833-MYVATLC**  
(1-833-698-2852) or visit  
**[www.prevention.va.gov/TLC](http://www.prevention.va.gov/TLC)**

For a referral to the TLC program,  
talk to your health care team.

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.**

The information provided through the program is for informational purposes only. The coaching team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law.

WF463563 79987-112018

# Telephone Lifestyle Coaching

Take charge of your health  
and well-being with TLC.



VA



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Health Promotion and Disease Prevention





## Work with a TLC coach for a healthier lifestyle and a healthier you

With Telephone Lifestyle Coaching (TLC), you can connect, one-on-one, with a coach who will explore what matters to you and help you work toward your goals for healthy living. It's a great way to take charge of your health.



## Your health, your choice. What would you like to work on?

Your TLC coach helps you make a plan to learn new habits and make smart decisions to improve your well-being.

Choose one or more of these healthy living goals:

- **Eat wisely.** Whether your diet needs a tweak or an overhaul, we'll help you choose a plan.
- **Be physically active.** Walk, run, dance or play. Make a plan to move more today!
- **Strive for a healthy weight.** Find out how you can reach a healthier weight.
- **Limit alcohol.** You can do it — we will help.
- **Manage stress.** Improve your overall well-being.



## Here's how TLC works:

- Discuss the TLC program with your health care team and ask for a referral.
- Receive a call from a TLC coach to enroll.
- Set your goals, make a plan and work with your coach over a series of calls to help you stay on track.

**Turn your good intentions into healthy successes. Talk to your health care team about TLC today.**

